DR. TALMAGE FATOLS THE POOR MAN'S BLESSING.

He Has Words of Comfort Also For the Victims of Insomnia-The Law

[Copyright, Louis Klopsch, 1900.] WASHINGTON, Jan. 7. - In this discourse Dr. Talmage treats of a style of disorder not much discoursed upon and unfolds what must be a consolation to many people; text, Psalms Ixxvil, 4. "Thou holdest mine eyes waking."

Sleep is the vacation of the soul; it is the mind gone into the playground of dreams; it is the relaxation of the muscles and the solace of the nerves; it is the hush of activities; it is the soft curtaining of the eyes; it is a trance of eight hours: it is a calming of the pulses: it is a breathing much slower, though far deeper; it is a temporary oblivion of all carking cares; it is the doctor recognized by all schools of medicine; it is a divine narcotic; it is a complete anæsthetic; it is an angel of the night; it is a great mercy of God for the human race. Lack of it puts patients on the rack of torture, or in the madhouse, or in the grave. O blessed sleep! No wonder the Bible makes much of it. Through sleep so sound that a surgical incision of the side of Adam did not waken him came the best temporal blessing ever afforded to man-wifely companionship. While in sleep on a pillow of rock Jacob saw a ladder set up, with angels coming down and climbing. So "he giveth his beloved sleep," soliloquized the psalmist. Solomon listens at the door of a tired workman and eulogizes his pillow by saying, "The sleep of a laboring man is sweet." Peter was calmly sleeping between the two constables the night before his expected assassination. Christ was asleep in a boat on Galilee when tossed in the euroclydon. The annunciation was made to Joseph in sleep, and death is described as only a sleep and the resurrection as a glorious wakening out of On the other hand, insomnla or sleep-

lessness is an old disorder spoken of again and again in the Bible. Ahasuerus suffered from it, and we read, "In that night could not the king sleep." Joseph Hall said of that ruler, "He that could command a hundred and seven and twenty provinces could not command sleep." Nebuchadnezzar had insomnia, and the record is, "His sleep brake from him." Solomon describes this trouble and says, "Neither day nor night seeth he sleep with his eyes." Asaph was its victim, for he complains in my text that his eyes are open at midnight, some mysterious power keeping the upper and lower lids from join ing, "Thou boldest mine eyes wak-

Insomnia, which has troubled all nations and all ages, has its widest swing in our land because of the push and speed of all styles of activities as in no other land. Where there is one man or woman with equipoise of nerve there are a dozen with overwrought and tangled ganglion. At some time in life almost every one has had a icanitis." Last night there were, as there will be tonight, millions of people to whom the words of the text are appropriate utterance, "Thou holdest mine eyes waking." Law of Compensation

Wonderful is that law which Ralph Waldo Emerson called the "law of least one luxury which many of the affluent of the earth are denied and for which some of them would give millions of dollars in cash down-namely. capacity to sleep. The most of those who toll with hand and foot do not have to send out invitations to sleep. They require no bromide or valerian or sulphonal or triavol to put them to nightly unconsciousness. In five minutes after their head touches their pillow they are as far off from the wall they were building, or the ditch they were digging, or the anvil they were pounding, or the wheels they were controlling as heaven is from earth. About 3 o'clock in the morning, the body at lowest temperature and its furnaces nearly out, what a complete quietude for the entire physical and mental structure! All night long, for such, sleep is busy with its enchanted anointing of every corpuscle of the arteries and every molecule of the entire physical organism, and the morning finds the subjects of such sleep re-

built, reconstructed and touched of God into a new life. Of course there is an unrighteou sleep, as when Jonah, trying to escape from duty, slept in the sides of the ship while the Mediterranean was in wrath because of that prophetic passenger; as when Columbus in his first voyage, exhausted from being up many nights, gave the ship in charge of the steersman and the crew, who, leaving the management of the vessel to boys, went asleep and allowed the ship to strike on the sand banks of St. Thomas; as when the sentinel goes to sleep at his post, endangering the whole army; as when the sluggard, who accomplishes nothing the day before he went to sleep and will accomplish nothing the day after he wakes, fills up Solomon's picture of him as he yawns out, "A little sleep and a little slumber and a little folding of the hands to sleep." But sleep at the right time and amid the right circumstances, can you imagine anything more blessed? If sleep, according to sacred and pro fane literature, is an emblem of death, the morning to all refreshed slumber-

Remark the first: If you have escap ed the insomnia spoken of in the text. thank God. Here and there one can command sleep, and it comes the minute he orders it and departs at the minute he wishes it to go, as Napoleon when be wrote: "Different affairs are arranged in my head as in drawers. When I wish to interrupt one train of thought, I close the drawer which contains that subject and open that which contains another. They do not m never been kept awake by an involuntary preoccupation of mind. When I wish for repose, I shut up all the drawers, and I am asleep. I have always slept when I wanted rest and al- the slumber of others, and you have temptation-clap your hands with etermost at will." But I think in most cases we feel that sleep is not the result of a resolution, but a direct gift from God. You cannot purchase it. A great French financier cried out, "Alas, why is there no sleep to be sold?"

A Divine Gift. Do not take this divine gift as a matter of course. Your seven or eight a blessing worthy of continuous and emphatic recognition. Praise the Lord for 365 resurrections in a year! Artibalm, a panacea, a catholicon that no one but God can mix. With it he bathes your eyes and brain and nerve and bone. It is a soft robe woven in heaven, with which he wraps your body, mind and soul.

Remark the second: Consider among the worst crimes the robbery of ourselves or others of this mercy of slumber. Much rulpous doctrine has been inculcated on this subject. Thomas

and the only time for hunting stars is at night. Probably they slept by day. The night was made for slumber. The worst lamp a student can have is "the midnight lamp." Lord Brougham never passed more than four hours of the night abed, and Justinian, after one hour of sleep, would rise from his ouch. But you are neither a Justinian nor a Lord Brougham. Let not the absurd apotheosis of early rising induce you to the abbreviation of sleep. Get up when you are slept out unless circumstances compel otherwise. Have ing racket at 4 o'clock in the morning. unless special reasons demand the forsaking of your pillow at that hour. Most of the theories about early rising we luberited from times when people retired at 8 or 9 o'clock in the evening. Such early retirement is impossible in our own times for these who are taking part in the great activities of people never wakened at all.

of early rising. It all depends upon would be better for the world if some But most Americans do not get sleep enough. The sin of late retiring is one most widespread and ruinous. What is much needed is that in all our cities hose who are lenders in social life turn back the hour of drawing room assemblage from 10 and 11 o'clock to 8 or half past 7, so that the guests at 10 or half past 10 may meet sleep at the right hour in their own dormitories. Two or three social heroines could do that in all the towns and itles. Thousands of men and women are slain each year by late hours. Five time and that if they do not sleep so years is more than the average of endurance. The vitality of men and women is depleted, and they go into chronic nilments, if they do not die of dyspepsia or consumption or nervous prostration, and the beauty goes out of metics. Late retiring is the mother of sassinates social life. A reformation is needed, and if the customs of the world could be changed in this matter, and the curtains of social life could be rung down at a reasonable hour of the night 20 per cent would be added

to the world's longevity.

Consolation For Martyrs. Remark the third: All those ought to be comforted who by overwork in right directions have come to insomnia. In all occupations and professions there are times when a special draft is made upon the nervous energy. There are thousands of men and women who cannot sleep because they were injured by overwork in some time of domestic or political or religious exigency. Mothers who, after taking a whole family of children through the disorders that are sure to strike the nursery, have been left physical wrecks, and one entire night of slumber is to them a rarity, if not an impossibility. The attorney at law who, through a long trial in poorly ventilated courtroom. has stood for weeks battling for the rights of widows and orphans or for the life of a client in whose innocence he is confident, though all the circum stances are unfavorable. In his room he tries the case all night long and every night when he would like to be slumbering. The physician, in time of touch of it. It has been called "Amer- epidemic, worn out in saving the lives of whole families and failing in his attempts to sleep at night between the janglings of his doorbell. The merchant who has experienced panies when the banks went down and Wall street became a pandemonium and there was a possibility that the next day he would be penniless-that night with no more possibility of gaining touched our planet.

est consolation of all those who in any and co to four public dinners where department have sacrificed their health to duty. Your sleeplessness is as much a wound as you can find on any battlefield and is an honorable wound. We that before spring all the real estate all look with reverence and admiration you will really possess will be a piece upon one who has lost an eye or an arm in the service of his country, and feet wide. Your insomnia is the voice we ought to look with admiration upon those who through extreme filelity to their life work have lost capacity for slumber. Remember glorious Albert Barnes going along the streets of Philadelphia at 4 o'clock in the morning for many years to his church study. writing all his commentaries before breakfast and keeping on until he was stone blind. Will not the Lord reward -uch sacrifices? And if, through your idelity, you have lost capacity to sleep God, who never slumbers nor sleeps will look after you.

It is high time that we enlarge the seroll of martyrs. We are accustomed to put in that scroll only those who have gone down under headsman's ay or have been waapped in fires at the this world, and so he inspires Job and David and Daniel and John and Paul stake or torn apart with the machinery of persecution. But the world is full to call that condition "sleep." When at Bethany the brother who was the of martyrs who were never touched by any such instruments of torture. Many of our public men in this capital, and indeed in all the capitals, have their life beaten out of them by interruptions, annoyances and unreasonable demands added to their straightforward duties. Washington sends many of the public men back to their different states worn out and incapacitated Why is it that in all our land there are but two ex-presidents and two ex-vice presidents? The others were slain by the exhaustions of public life or by hand of assassin. Our public men cannot control their time, cannot regulate their hours, cannot escape the imploratien of constituents. All who go down to invalidism through the service of Ged or their country are martyrs. Songs in the Night.

Remark the fourth: Insomnia is n sign of divine displeasure. Martin Luther had distressing insomnia and wrote, "When I wake up in the night, the devfi immediately comes and disputes with me and gives me strange thoughts until at last I grow enraged beyond endurance and give him ill words." That consecrated champion of everything good, Dr. Stephen H. night comes a little short of restoring Tyng, Sr., in his autobiography says the body to where it was the day be that the only encouragement be had to fore, and so every seventh day was think he would sleep at night was the fact that he had not slept the night be-

Perhaps this wakefulness may come to you as an opportunity to think over one sore nerve, without one tired limb ping over to the other, made him a the mercies of the past and lay out -rested, forever rested, as only God plans for the future. David occupied can rest you. O ye tired folks all up the hours of wakefulness in music. He and down the world-tired with work, speaks of "songs in the night." We or tired with persecutions, or tired ould hardly recommend such a solo for most people, for it would disturb ments, or tired in the struggle agains no right because you cannot sleep your nai glee in expectation of that sleep self to keep others awake. But the from which you will wake up so restcheerful endurance suggested by that ed that you will never need another midnight music of the psalmist we sleep or even another night. "There

Wakefulness may be an opportunity for prayer, opportunity for profitable reflection, opportunity for kindling of tower and wall and gate. No evenbright expectations of the world, where there is no night and where sundown. "Thy sun shall no more g slumber will have no uses. God thinks down, neither shall thy moon just as much of you when you get but draw itself, for the Lord shall be three or four hours of sleep as when at thine everlasting light, and the days night you get eight or nine hours.

of thy mourning shall be ended." Remark the fifth: Let all insomnists know for their consolation that some night!" May God give you such sleep people sleep more rapidly than others, tonight as is best for you, and if you as much in one hour as others do in wake too soon may be fill your soul two, and hence do not require as long with reminiscences and expectations a time in unconsciousness. In a book that will be better than slumber. Good on the subject of health years ago I night! Having in prayer, kneeling as saw this fact stated by a celebrated the bedside, committed yourself and all medical scientist: Some people do ev- yours to the keeping of the slumber erything quick—they eat quick, they less God, fear nothing. The pestilence walk quick, they think quick, and of that walketh in darkness will not cross course they sleep quick. An express your doorsill, and you need not be Moore gave poor advice when he said. train can go as far in 30 minutes as a afraid of evil tidings. Good night! way train in 60 minutes. People of May you have no such exper

breviation of somnolence as a matter of temperament.

He Shall Rise Up.

Remark the sixth: The aged insomnists should understand that if their eyes are held waking they do not re- and your kindred, standing around quire as much sleep as once they did. your 'llum'ned pillow, give you hope-Solomon, who in knowledge was thousands of years ahead of his time in recognizes this fact. He not only speaks of the difficulty of masticatio on the part of the aged when he says. "The grinders cease because they are no alarm clock making its nerve tear- few," and of the octogenarian's caution in getting up a ladder or standing on a scaffolding, saying, "They shall be afraid of that which is high," and speaks of the whiteness of the hair by omparing it to a tree that has white blossoms, saying, "The almond tree shall flourish," and speaks of the spinal cord, which is of the color of silver and which relaxes in old age, giving life. There is no virtue in the mere net the tremor to the head, saying, "The silver cord be loosed." But he says of you do after you get up. It the aged, "He shall rise up at the voice of the bird;" that is about half past 4 in the summer time, an appropriate hour for the bird to rise, for he goes to his nest or bough at half past 7 in the evening. But the human mechansm has been so arranged that after it has been running a good while a change takes place, and instead of the almost perpetual sleep of the babe and the nine hours requisite in midlife six hours will do for the aged, and "he shall rise up at the voice of the bird." Let all aged men and women remember that they have been permitted to do a great deal of sleeping in their well now as they used to it is because they do not require so much sleep. Remark the seventh: Insomnia probably a warning that you had bet-

ter moderate your work. Most of those engaged in employments that pull on the cheek beyond all restoration of cos- perve and brain are tempted to omit necessary rest, and sleeplessness calls premature wrinkles. Lack of sleep as a halt. Even their pleasuring turns to work, as Sir Joshua Reynolds, the great painter, taking a walk with a friend, met a sun browned peasant boy and sald, "I must go home and deepen the coloring of my infant Hercules." The sun browned boy suggested an improvement in a great picture. By the time most people have reached midlife, if they have behaved well, more doors of opportunity open before them than they ought to enter. Power to decline, power to say "No." they should now cultivate. When a man is determined to be useful and satan cannot dissuade him from that course, the great deceiver induces him to overwork and in that way get rid of him. We have thermometers to tell the heat, and barometers to tell the air, and ometers hung in engine rooms to tell the pressure of steam, and ometers to gauge and measure almost everything. Would that some genius would invent an ometer which, being hung around the neck and dropped over heart and lung, would, by the pulsation and respiration, tell whether one is under too great pressure or might carry more. All brain workers would want such an ometer and want it right away. For the lack of it how many are dying and how many have died of overwork? A prominent financier who recently departed this life was an officer in over 100 financial and charitable institutions. Thousands of editors, of lawyers, of physicians, of merchants, of clergymen, are now dying of overwork. Do not be in the board of directors of more than three banks and two trust companies and five life and fire insurance establishments. Do not as pastor preach more than three sercompensation," and it has been so ar- sleep than if such a blessing had never own Sabbath school and conduct a Bimons a Sunday and superintend your ble class the same day. Do not edit

Do not commit suicide.

The Last Sleep.

profane literature again and again

speak of that last sleep. God knew

that the human race would be disposed

to make a great ado about exit from

support of his sisters after their fa-

ther and mother were gone had him-

self expired, Christ cried out in regard

to him, "He is not dead, but sleepeth."

Cheering thought to all poor sleepers,

for that will be a pleasant sleep, in-

duced by no narcotic, disturbed by no

frightful dream, interrupted by no

harsh sound. Better than any sleep

you ever took, O child of God, will be

the last sleep. In your other slumbers

your home may be invaded by bur-

glars and your treasures carried off,

but while here and there, in one case

out of millions, the resurrectionist may

disturb the pillow of dust the last

sleep is almost sure to be kept from

invasion. There will be no burglary

of the tomb. And it will be a refresh-

ing sleep. You have sometimes risen

in the morning more weary than when

you laid down at night, but waking

from the sleep of which I speak the

last fatigue, the last ache, the last wor-

riment, will be forever gone. Oh, what

minute calculation, say that every

put in for entire rest to make up in

reparation for what the nights could

not do. But so restful will be the last

sleep that you will rise from it without

with ailments, or tired with bereave

shall be no night there," because there

will be no need of its quieting influ-

So, my hearer, my reader, "Good

a refreshing sleep!

Clergyman Be Shoc?" contending that short of immorality and unbelief one cannot imagine a greater hindrance to the energy of the church than a large proportion of aged and infirm ministers in active duty. For this will mean obsolete theology, the neglect of the young, isolation from the spirit of the day and endless wrangling. Nothing would more certainly re-enforce the ensory retirement upon satisfactory term of every minister above the age of 60. For this would mean not only a reserve you will be called to make a speech of good men upon whom the church more than four times a week. Do not could depend in emergencies, but a pergo so deep into the real estate business petual tide of fresh thought. At present congregations have a grievance against old ministers who think they of ground about six feet long and three are young, and old ministers have a grievance against congregations who of nature, the voice of God, saying. do not respect age, and between the "Better slow up!" Stop that long. two arise many scandals and breaches swift train, the wheels of which are of the peace. When the church is as taking fire from the velocity and smok well managed as a first rate busines ing with the hot box. Do not burn the concern, then this standing feud will candle at both ends. Do not under too be healed, and no one will be so much many burdens sweat like a camel respected and loved in the Christian trudging from Aleppo to Damascus. church as the faithful minister who has served her in the fullness of his strength and now in the days of his Remark the eighth: All the victims well earned rest enriches her with his somnia ought to be consoled with the fact that they will have a good, long sleep after awhile. Sacred and

Printed as Written. King Oscar of Sweden writes for the apers. Three papers in Stockholm have the king among their contributors. When the government is attacked, the king lays out his adversaries in the newspapers. Recently a paper which is not one of those in which the king usually writes contained an at-tack against him. The king called the editor to the castle and said to

"You have written against me. Here you have my answer. There are in it more hits at you, but they are not un-merited, and I will have my article inserted without alteration."

"God bless your majesty," the editor answered. "It shall be as you de-

sire. I have myself given so many hits on the heads of others that I can well take some myself."

The newly founded town of Triangle, Tex., promises to be unique. It is laid out in the form of an equilateral triangle; its lots are triangular in shape and the ground plan of each of the 23 houses which have thus far been erected there is three cornered. The three principal streets are named Equilateral, Scalene and Isosceles, and the residents have even carried their curious idea into the local government; which consists of a so called triangular Most people are tired. The nights council, having three members.--Indi do not repair the day. Scientists, by anapolis Sentinel.

> The London Chronicle tells this story of Majuba Hill: "A slightly wounded ommissariat officer was being covered by the rifle of a Boer sharpshooter, when the former made a Masonic sign The Boer lowered his rifle, and, stepprisoner, but treated him in especially iospitable fashion as a brother member of the craft. The commissariat man ascertained that Mr. Kruger and General Joubert were also Freemasons." In connection with this an "Old Mason" writes: "The story is not a solitary instance. Many similar touching incidents occurred during the Franco-German war. Not only are President Kruger and Plet Joubert enthusiastic Freemasons, but practically every educated Boer belongs to the order. Most of the British officers also belong

## ences. No lengthening of the shadows ing mist rising from the river. No

ever was in my life."

DAVID H. MURPHY, Newark, O.



AN ARCTIC TRAGEDY.

And when you come to the best sleep,

the blissful sleep, the last sleep, may

you be able to turn and say to all the

cares and fatigues and bereavements

move out from their loving embrace

SUN WORSHIP AND SACRIFICE

The Original Religion of the His

does and the Persiaus.

"I think," said Rajah Sivaprasad

"that sun worship was the original

which is perhaps the first beginning of

this feeling of reverence for the source

of light. The Vedas are full of sun

of the sun and brought in by way of

sun offerings animal sacrifices con-

sumed by fire, for they looked upon fire

as part of the sun. In course of time

people began to think and to question

with regard to this sacrificial worship

ing a good and great man, when he

saw the animals' throats cut thought.

'How can good possibly come of doing

evil? And the first thing he did was

to forbid sacrifice and say, 'Not hurt

any creature is the best virtue.' Bud-

dha went out from his home and medi-

tated. Then he came back to Benares

and at Sarnath argued with the Brah-

nans, who justified their sacrifices on

the authority of the Vedas. But Bud-

dha said: 'What are the Vedas but the

work of munis and rishis? There is

"And so the great schism arose, Bud-

tha against the Brahmans and the

Brahmans against him. Many of the

rajahs and maharajahs came and heard

blm and were converted, till at last

Buddhism was in the ascendant, for

we have in India a saying 'As is the

king, so are the people.' Then came

King Vikramaditya, in whose boncr a

new era was founded, reckoning by

which we are now (this was in 1892)

in the year 1949. King Vikramaditya

was a Kshatriya and believed in Brah-

manism, and with his reign Brahman-

ism and Vedic religion began to revive.

karacharya, a Brahman, who under-

took to persecute and drive out the

Buddhists. He said: 'These people do

not believe in a Creator. How can they possibly be tolerated? And he

drove-them out and re-established the

Vedic religion. By this time the dis-

approval of animal sacrifice had be-

come firmly rooted. And as sacrifices

were enjoined in the Vedas Sankara

charya got over the difficulty by saying

that it was only in the golden age

when the animals slaughtered could be

restored to life, that sacrifices were re-

quired. There was no need to sacrifice

now. To this day animal sacrifice is

dispensed with among the majority of

the Hindoos, although not so among

the Kshatriyas and among many of the

In The Ladies' Home Journal lan

Maclaren writes on "Should the Old

Sudras."-Nineteenth Century.

"After many centuries appeared San-

nothing supernatural about them."

"Then came Buddha, and, Buddha be-

Good night! Good night!

and pangs of a lifetime, "Good night!"

Was This the Fate of Members of Audree's Party ! Rear Admiral A. H. Campion o Great Britain has published part of a letter received from Fort Churchill, th most northerly part of the Hudson Bay company, which possibly contains news of Andree's fate. The letter is dated Aug. 1 and is from A. D. Alston, nephew of Admiral Campion, who has been stationed for the last five years at Fort Churchill and who understand the Eskimo language. The publishe extract reads:

"You will no doubt be surprised to bear that Andree's expedition has per worship of both the Persians and the ished in these parts. In the early part Hindoos. I have even seen animals as of spring an Eskimo named Old Donthe sun rises gaze on it with awe, ald's Son, with several other Eskimos came to our magazine to make som purchases. After they were through with their business all of them left the worship. But the priests of the Hinstore with the exception of Old Dondoos gave up the simple, direct worship ald's Son, who asked whether the balloon had ascended again, as there were two white men killed last summer in the north, and it was believed that they were members of the balloon party.

"I did not pay attention to this story, but in compliance with my duties I re ported it to Dr. Milne in Far York. Later, however, there came two other Eskimos to our camp-Stockby and his brother-and the news they brought left little doubt as to the fate of Andree's balloon expedition. Stockby's brother, while hunting for musk ox. came across four white men who were shooting deer. Several other Eskimos who came upon the scene did not see the deer and thought the white men were making targets of them. They thereupon took their bows and arrow and shot down two of the whites, on of whom died instantly. The other two ran away, pursued by the Eskimos, and whether they escaped or not is no

known. "Stockby's brother saw the two dead men, with the arrows still in their bodies-one a middle aged man, short, broad and stockily built, and the other younger man. The elder wore a knickerbocker suit, with striped stockings, and the other had on a garment made of cloth. Both had caps, on which there was a metal tag. The Eskimos wanted Stockby's brother to return with them, as there was a large round thing filled with tobacco, clothing, munitious, etc., but he refused to join them. He did bring back, however, two wolf rugs and part of an Eskimo suit, such as are worn in the far north, just to show that he had been as far as he stated. I have notified the sioner of these facts."

Palms and Palms. The men have again proven their superiority over the women. They have palms in their stores that look green and flourishing all winter. though no fires are kept up for them The women nurse a palm all winter and it is sickly in spring. The palms used by the men are made of tin .-Atchison Globe.

Recently one Nink Lloyd sold us a hog that had died from disease or over heat, and the report is being circulated that it was Dink Boyd that sold me the hog. I wish in this manner to state that it was Nink Lleyd and not Dink Boyd that sold us the bog .- S. W. Watts & Son.-Stephenville (Tex.)

Prevention etter than cure. Tutt's Liver ills will not only cure, but if

ergy of the church than the compul-Sick Headache, yspepsia, biliousness, malaria,

constipation, jaundice, torpid liver and kindred diseases. TUTT'S Liver PILLS

ABSOLUTELY CURE.

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CHILDREN AS FAT AS TASTELESS

Paris Medicine Co., St. Louis, Mo.
Gentlemen:—We sold last year, 600 bottles of BROVE'S TASTELESS CHILL TONIC and have bought three gross already this year. In all our experience of 14 years, in the drug business, have been as your Tonic. Yours truly, but the grown as your Tonic. for sale by: T. J. Haydon & Son., Irvington,

The best way to tengthen our days is to steal a few hours from the night."

We are told that, though they did their work at night, Coperatives lived to be recuperation which slow temperaments of age, and Galilei 78 years, and Herschel 84 years. Yes, but the reason was they were all star hunt.

The best way to tengthen our days way train in 30 minutes. People of rapid temperaments ought not to experience as Job had when he said, "Thou scarest me with dreams and terriflest me with dreams and terriflest me through visions." If you dream at all, may it be a vision of reunions and conjugate the original form of the minutes. People of rapid temperaments ought not to experience as Job had when he said, "Thou scarest me with dreams and terriflest me through visions." If you dream at all, may it be a vision of reunions and conjugate through visions. The conjugate through visions are through visions. The conjugate through visions are through visions. The conjugate through visions and terriflest me with dreams and terriflest me with dreams and terriflest me through visions." If you dream at all, may it be a vision of reunions and conjugate through visions, weaken, or Gripe, ide. 26, 26, 26, .... Cure Constitution, Notolett & Co., Weems Wharf, J. Carter, Treakles, Dunton & Bro., Dunton &

# CANCER IS DEADLY!

Results Fatally in Nine This fearful disease often first appears as a mere scratch, a pimple or lump in the breast, too small to attract any notice, until, in many cases, the deadly Cases Out of Ten-Cure Found at Last.

disease is fully developed. Cancer can not be cured by a surgical operation, because the disease is a virulent poison in the blood, circulating throughout the system, and although

the sore or ulcer-known as the Cancer-may be cut away, the poison remains in the blood, and promptly breaks out afresh, with renewed violence The wonderful success of S. S. S. in curing obstinate, deep-seated blood diseases which were considered incurable induced a few de-

spairing sufferers to try it for Cancer, after exhausting the skill of the physicians without a cure. Much to their delight S. S. S. proved equal to the disease and promptly effected a cure. The glad news spread rapidly, and it was soon demonstrated beyond doubt that a cure had at last been found for deadly Cancer. Evidence has accu-mulated which is incontrovertible, of which

the following is a specimen: the following is a specimen:

"Cancer is hereditary in our family, my father, a sister and an aunt having died from this dreadful disease. My feelings may be imagined when the horrible disease made its appearance on my side. It was a malignant Cancer, eating inwardly in such a way as to cause great alarm. The disease seemed beyond the skill of the doctors, for their treatment did no good whatever, the Cancer growing worse all the while. Numerous remedies were used for it, but the Cancer grew steadily worse, until it seemed that I was doomed to follow the others of the family, for I know how deadly Cancer is, especially when inherited. I was advised to try Swift's Specific (S. S. S.), which, from the first day, forced out the poison. I continued its use until I had taken eighteen bottles, when I was cured sound and well, and have had no symptoms of the dreadful affliction, though many years have elapsed. S. S. S. is the only cure for Cancer.—Mrs. S. M. IDOL, Winston, N. C.

Our book on Cancer, containing other testimonials and valuable information, will be sent free to any address by the Swift Specific Company, Atlanta, Georgia.

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Leave—White Stone, 7 a. m.; Irvington 7.45; Weems, 8.15; Millenbeck, 9; Merry Point, 9.30; arrive Urbana, 11.30 a. m. Leave—Urbana, 2 p. m.; Millenbeck, 3; Merry Point, 8.30; Weems, 4.30; Irvington 5; arrive White Stone, 6 p. m.

SCHEDULE:

Street, Baltimore, Tuesday and Saturday at 5 p. m. for the Potomac river, calling at Millers, Bromes, Bacons, Grasons, Lewisetta, Bundicks, Cowarts, Walnut Point, Coan, Kinsale, Mundys Point, Lodge, Adams, Piney Point, Abells, Leonardtown, Coburns, Howards

and Stones. On Tuesday only for Lancas-ter, Bushwood, Riverside, Liverpool Point, Glymont, Alexandria and Wash-Returning will leave 7th Street Wharf. Washington, at 4 p. m. Thursday, calling at all the above mentioned wharves, leaving Leonardtown at 6 a. m. Monday and Friday, Kinsale at 12 m., Millers at 4 p. m., Grasons at 5 p. m. and Bacons at 6 p. m., arriving in Baltimore early Tuesday and Saturday mornings.

WEEMS STEAMBOAT CO ..

WINTER SCHEDULE.

Rappahanneck River Route.

Beginning Sunday, December 31st, steamers will run as follows: Leave Pier 2, Light St. wharf, Baltimore, daily ex cept Saturday and Sunday at 4-20 p. m., and on Sunday at 2-30 p. m., for the Rap pahannock as far as Tappahannock, ex tending the trip from Baltimore on Friday to Fredericksburg, calling at all landings on the River. On Tuesday and Saturday only, steamers will leave Ray

Saturday only, steamers will leave Bay Port for Baltimore, and will call there

from Baltimore only on Tuesday and Saturday. From Baltimore, steamers will call at Millenbeck and Merry Point on

call at Millenbeck and Merry Point on Tuesday, Thursday and Saturday. To Baltimore will call Tuesday, Thursday and Saturday. At Weems and Irvington, steamers from Baltimore will call Saturday and Tuesday only. For Baltimore, steamers will leave Tappahannock at 8 a. m., Tuesday and Saturday, and 9 a. m. Monday, Wednesday, Thursday and Fridsy. calling at all wharves except as above mentioned. Will leave Tappahannock for Norfolk at 12 m. Tuesday. Will leave Norfolk at 42 m. Tuesday. Will leave Norfolk at 4 p.m. Wednesday for Fredericksburg and all landings on the river, leaving Tappahannock at 8 a. m., Thursday. Leave Fredericksburg for Baltimore at 2:30 p. m., Monday and Friday, going as far on those days as Leeds-

day, going as far on those days as Leedstown. Will leave Leedstown Tuesday and Saturday for Baltimore at 4:30 a.m.

HENRY WILLIAMS, Agt. Baltimore.

W. D. SCOTT, Agt., Fredericksburg. KEY COMPTON, Agt., Norfolk.

Potomac River Route.

Beginning Saturday, December 23d, steamer Potomac will leave Pier 9, Light

Freight received daily at Pier 9, Light Street, Baltimore. HENRY WILLIAMS, Agent, STEPHENSON & BRO., Agents, Washington, D. C. Wm. M. REARDON, Agent, Alexandria, Va.

### Baltimore, Chesapeake & Atiantic Railway Company. WINTER SCHEDULE STEAMER IDA

Piankatank River Line. In effect January 1st, 1900. Read

carefully-important changes have been Commencing Wednesday, January 3d, 1900, the steamer Ida will leave landings named below on Wednesday and Saturday of each week, arriving at Baltimore on Sunday and Thursday as follows:

Blands . . . . . . . . . . . . . 6 10 Conrads...... 7 00 Warehouse Creek ...... 7 30 Ruarks..... 8 00 Fitchetts..... 9 00 

'almers..... 1 00

Arriving at Baltimore 5 30 a. m. On and after Monday, January 1st, 1900, steamer Ida will leave Baltimore, Pier No. 3, Light Street, Monday and Thursday of each week at 5 p. m , arriving at above landings on Tuesday and Friday of each week. The steamer Enoch Pratt will be ithdrawn for the present.

Freight rates named to all points on application to the agent. Other infor-W. H. BROWN, Agent. T. A. JOYNES, Supt. Steamer Lines. WII LARD THOMPSON, Gen'l Manager.

The Washington Steamboat Com-

pany Limited. POTOMAC RIVER LANDINGS. all and Winter Schedule, in effect Aug. 21, '99 STEAMER WAKEFIELD.

Leaves Washington, D. C., foot of Seventh Street at 7 a. m. Leaves Alexandria, Va., foot of King Street at 8 a. m.

Mondays for Fort Foote, Fort Washington, Marshall Hail, Glymont, \*Indian Head, Liverpool Point, Clifton Beach (Smitt's Pt.). \*Stiffs, Stuarts, Swan's (Biverside), Mathias Point Dills (Lower Cedar Pt.), Wilkersons, Colonial Beach, Bushwood, Kock Point (Lancasters), Coltons, Beales, \*Thompsons, Deep Point, Mount Holly, Nomini, Abells, Leonardtown, Howards, Cobrums, Stones.

Returning leaves Coltons at 5 a. m. on Tucshays, arrives at Washington about 4 p. m.

Wednesdays for Fort Foote, Fort Washington, Marshall Hall, Glymont, \*Indian Head, Liver, 2001 Point, Clifton Beach (Smiths Pt.), Stiffs, Stuarts, Swans (Riverside), Mathias Point, Dill's (Lower Cedar Pt.). Wilkersons, Colonial Beach, Bushwood, Rock Point (Lancasters) Coltons, Leonardtown, Abells, Beales, "Thompsons, Deep Point, Mount Holly, N. m. m. Coan, Barnes, Bundicks, Walnut Point, Lowarts, Lewisetta, Mundys Point, Lodge, Kinsale.

Kinsale.

\*\*E\*\* Returning leaves Kinsale on Thursdays for Beales, "Thompsons, Deep Point, Mount Holly, Nomini, Howards, Cobrums, Stones, Coltons, Bushwood, Rock Point (Lancasters), Colonjal Beach, Wilkersons, Dills (Lower Cedar Pt.), Mathias Point, Swans (Riverside), Stuarts, "Stiffs, Clifton Beach (Smiths Point), Liverpool Point.

Arriving at Washington Friday morning.
Saturdays for Fort Foote, Fort washington, Marshail Hall, Glymont, "Indian Head, Liverpool Point, Clifton Beach (Smiths Pt.), "Stiffs, Stuarts, Swan's (Riverside), Mathias Point, Dill's (Lower Cedar Pt.), Wilkersons, Colonial-Beach, Bushwood, Rock Point (Lancasters), Coltons, Beales, "Thompsons, Deep Point, Mcupt Holly, Nomini.

Returning leaves Coltons at 5 a. m. on Sundays, arrives at Washington about 4 p. m.

Landings marked thus [\*] are boat, tide, or fair weather landings.

C. W. RIDLEY, Gen'l Manager. air weather landings. C. W. RIDLEY, Gon'l Manager. G. P. JOHANSEN Agt. 7th St. Wharf. J. B. PADGETT, Agt., Alexandria, Va

CHMOND, FREDERICKSBURG & POTOMAC R. R. Schedule in Effect January 16, 1899. TRAINS LEAVE FREDERICKSBURG.

5 12 a. m. daily. 10 13 a. m. Sundays only. 10 38 a. m. daily except Sunday. 1 47 p. m. daily except Sunday. 9 36 p. m. daily.

SOUTHWARD: 6 39 a. m. daily. Stops only at Milford, Doswell and Ashland week days. Makes all local stops Sundasy.

1 30 p. m. daily except Sunday.
5 30 p. m. daily. Stops only at Doswell and Ashland.
6 44 p. m. daily. Makes all local stops. REDERICKSBURG & RICHMOND ACCOMMO-DATION-DAILY EXCEPT SUNDAY. Makes all local stops, Leaves Fredericksburg 6 a. m. Arrives at Richmond 8 25 a. m. Leaves Richmond 4 p. m. Arrives at Fredericksburg 6 34 p. m.

C. C. Cox, Agent. W. P. Taylon, Traffic Manager. E. T. D. Myers, President. Steamer Owen Dillard.